

THE OXFORD DEMOCRAT.

VOLUME 89.

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of Finest Concord Grapes
to Your Table.

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If you are desirous of a thirst quenching table drink; if there is illness in your home, or if you wish a palate pleasing punch for entertainment, we certainly recommend LIGGETT'S GRAPE JUICE to you. It is sold in

1-4 pint bottles, 15c.
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Found only at

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Sharp reduction on new Dodge parts.

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JOHN WALLINGFORD

John Wallingford is a new resident of Hebron, having moved there a few years ago from Auburn. His farm is known as the Hillcrest Fruit Farm. It contains 150 acres, of which 100 are in orchard, 50 in 150 trees, grafted in Ben Davis, Baldwin and Northern Pines. He is president of the Indian Head Fruit Growers' Association.

Europe was the market for these apples, but while that conflict was in progress American cities received the bulk of the crops disposed by the association.

Hebron farmers work to raise these apples. To guard against insect pests and control weeds a dense mulch is laid over the ground, and much of the man's attention is directed to this.

This farm has gone through all the stages of agricultural life known to the community. The first proprietor cleared the land, and the second, sowed it for his family, and the domestic animals upon which he depended. The money he received was from lumber mostly. The later generations developed the farm.

The present proprietor for many years ran a dairy farm, keeping and milking about twenty-five cows. He has about fifty acres devoted to crops and hay, and has made a number of improvements to keep these crops in; but, he says, the dairy business does not pay and he is going out of it.

He thinks the present and coming years will be a depression, and expects a great deal of work to be done.

He has a number of trees, and

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South Paris, Maine, August 22, 1922

Page 3

SOUTH PARIS.

RANDY GOLDENBROD. The champion of the blind held his annual meeting at the school on Wednesday. The blind have turned the land to gold.

Abbie Frances Judd. The 100th anniversary of the birth of the author of "The Little House in the Woods" was celebrated at the school on Wednesday.

Harry Clegg of Auburn. was in town on Wednesday.

Leila E. Newell of Sunapee. was in town on Wednesday.

Mr. and Mrs. John Briggs of Canton. were in town on Wednesday.

Timothy A. Ryas of New Bedford. was in town on Wednesday.

Mr. and Mrs. G. M. Stevens of East Wiscasset. were in town on Wednesday.

Miss H. M. Wheeler of Portland. has been visiting at Mrs. F. S. Dudley's.

Mr. and Mrs. R. E. Strickland of Schenectady, N. Y. were in the village on Wednesday.

McArdle of Schenectady, N. Y. accompanied the remains of his wife to this village Saturday.

Mr. and Mrs. Maurice Peters. were in town on Wednesday.

William C. Hines. who has been visiting in town on a pass from the Soldiers' Home, has returned to Togus.

The Chicago Novelty Colored Orchestra. will play for a novelty dance at Association Hall this (Monday) evening.

Mr. and Mrs. W. C. Thayer and children. went to Hanover Saturday to visit Mrs. Thayer's parents, Mr. and Mrs. A. Powers.

The Democrat women. will meet at the school on Pine Street Wednesday, Aug. 22, at 2 o'clock to organize a women's Democratic party. It is hoped they will all come.

Miss Margaret A. Baker of Portland. was calling on friends here Friday. She and her sister, Miss Jennie P. Baker, are spending their vacation with their many friends in Norway.

The Paris School Board. will be in session on Wednesday.

Mr. and Mrs. Fred S. Waterman of Oxford. were in town Saturday.

Miss Hester Ordway. is a guest of Mr. and Mrs. Charles Carl in Westbrook.

The Kappa Club. went to Rangeley Saturday afternoon for a day or so.

The Chicago Colored Novelty Orchestra. was at Association Hall Thursday evening.

Mr. H. Prince of Washington, D. C. was in South Paris and vicinity Wednesday.

Mr. and Mrs. A. E. Forbes. are at their camp on the shores of Shag Pond for a couple of weeks.

Miss Glems Stachfield. returned Saturday from a three week's vacation in Lynn and Windham, Mass.

Miss Margaret A. Edwards. has been a guest of her cousin, Miss Beatrix of the Hotel of North Paris.

Miss Margaret Macroney of Island Lake. is visiting her friend, Miss Leila Davis, in this town.

Mr. and Mrs. Roll Hines and Mr. and Mrs. Morton Rawson of Canton. were in the village on Monday of last week.

Mr. and Mrs. Alton C. Wheeler and daughter, Miss Miriam. are enjoying a week at their camp at Shag Pond.

William MacPherson and Miss Grace Gifford of Westbrook. were the guests of relatives in this village a few days last week.

Miss Hattie Gould. is visiting her son, Mr. Gould, and his wife in Auburn. She is also visiting friends in Mechanic Mills.

Charles B. Barker and Donald B. Putney. attended the big Republican meeting at Folsom Park, Augusta, on Wednesday.

Mr. and Mrs. R. B. Barrows, Morton L. Baker and Miss Ruth Baker. started Wednesday morning on an auto tour to Quebec.

Mr. Faxon W. Jr., Mrs. H. E. Wilcox, Mrs. Emma W. Mann and Mrs. Gao. of Faxon's matured to New Meadows in Thursday.

Mr. and Mrs. William Russell. who are visiting Mr. and Mrs. Charles Clegg in Canton, returned to their home here last week.

Water T. Knightly and family. have been attending the Advent Camping meeting at the church on Wednesday. The first 100 are confirmed and this (Monday) morning.

Mr. and Mrs. Harold M. Cushman and Mr. C. M. Paige of Manchester, N. H. are in South Paris Saturday.

They are visiting through this part of Oxford and Cumberland counties.

Miss Nella Whitman. is a member of the Peace Camp on Matthews Hill.

For the art articles sent her for publication to immigrants at Ellis Island.

Wednesday. was one of the hottest days of summer to far. The thermometer registered at the ninety in the shade at two o'clock A. M. in the sun went up to above a hundred.

At 11 a.m. Tuesday evening. will be the sky-rocket waltz. Large crowds are anticipated.

Wednesday. coming from Folsom, Webster, Holden, Poland Spring and other nearby towns.

Household goods of Mr. and Mrs. Fred Haydon. arrived in the village, ready to take their home, last week by express. Mrs. Haydon has been here for several weeks waiting for her goods.

Mrs. Mc Ardle. was 61 years old.

The body of Mrs. Amy Mc Ardle. was brought to the Paris Cemetery from Schenectady, N. Y., where she died on Thursday. The burial was in Riverside Cemetery and prayers were offered at the grave.

Mrs. Mc Ardle. was a native of Nova Scotia and resided many years in South Paris where her husband was born. No particulars are available.

Mrs. Mc Ardle. was a native of Nova Scotia and resided many years in South Paris where her husband was born. No particulars are available.

The second game. was between the Dixie Towns and Star Taxis, won by the latter team by a score of 6 to 1.

SCORE BY INNINGS.

TWIN TOWNS. A. B. B. R. B. P. O. A. E.

Star Taxis. A. B. B. R. B. P. O. A. E.

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Star Taxis.

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**SAFE
DEPOSIT
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We have just installed 64 new safe deposit boxes which rent for \$3.00 per year. Can you afford to be without a box?

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SOUTH PARIS, MAINE
BRANCH BANK AT BUCKFIELD, ME.
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Your closest inspection of the

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The Truck line is complete from the 1500 Speed Truck to the 5 Ton Truck.

The 8-16 Farm Tractor with two bottom plows is a perfect machine, and is practical in every sense. If you wish more power we can give you the 10-20 Titan Tractor with the three plows. We assume that you are from Missouri, we will be pleased to show you.

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CASTORIA for Infants and Children. Bears the Signature of *Castorina*. Always Bought.

HOMEKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEKERS' COLUMN, Oxford Democrat, South Paris, Me.

What to Eat.

Every meal should include fruit, raw or cooked.

Eat bulky vegetables—lettuce, carrots, asparagus, etc., with meat.

Meat should be eaten sparingly.

Sugar should be eaten in winter; it is a heat food.

Beef is the most nutritious meat.

Poultry and fish are preferred to other flesh.

Fish are better poached than fried.

Better soft-boiled than hard.

Whole wheat bread is better than white bread.

Brown is the most digestible fat.

Milk is the best food, well as well as milk. Children should have at least a quart a day.

Laxative foods—prunes, figs, etc., are useful.

Drink several quarts of water, daily.

The body is two-thirds water, and several pints are lost daily.

A vegetable diet gives bulk; a meat diet gives bulk, too.

While one is individually deficient, the combination is very effective.

WHEN TO EAT.

Do not eat between meals. Eat regularly, but when not hungry, eat sparingly.

Do not eat after violent exercise.

Do not eat when excited or fatigued.

Eat sparingly on hot days.

Do not eat within three hours of retiring.

Do not exercise violently, or sleep after a meal.

Eat regularly at specified times. This accustoms the stomach to receive food at these times, and encourages proper digestion.

Do not overeat; rather undereat; and leave the table unbalanced than risk the danger that attends overeating.

Ah, that is the secret of life! Instinct is a good judge.

A normal, healthy person should be hungry at meal times. But if not hungry eat only a piece of fruit to receive the benefit of the digestive system a much-needed rest. A short walk before breakfast helps digestion, and aids bowel movement.

HOW TO EAT.

Masticate the food thoroughly. Eat slowly. Do not attempt to wash food down with some liquid.

Do not eat too many foods at one meal. Dry, coarse food encourages mastication, which is an important aid to the digestive system.

Avoid cold drinks after heavy meals.

Never wash the clock while eating.

If the time is short, rather cut down the quantity of the meal, and eat it slowly. Milk should be drunk very slowly, to avoid colic.

Only pleasant subjects should be discussed at the table.

The dining room should have an atmosphere of quiet interest.

Keep the teeth clean; brush them, thoroughly, after each meal.

WHAT NOT TO EAT.

Avoid hot bread. Pork is the most indigestible of all meats. Pork pastries should be eaten only in moderation. Vinegar is a preservative, and retards digestion of food on which it acts.

Avoid cold drinks after greasy foods.

Avoid too many fried articles at one meal. Tea and coffee delay digestion. Drink sparingly of milk. Avoid ice water and cold drinks.

Absist from foods that disagree. Eat condiments sparingly; mustard, pepper, often causes stomach catarrh. The craving for sweets should be satisfied by naturally sweet fruits.

Extremely hot or cold foods irritate the stomach lining, and may cause inflammation. Do not eat any food that seems to disagree with you, or cause discomfort.

THE TIME BUDGET.

Before I discovered the magic secret of the time budget, my housekeeping drove me to despair. There was always a race against time, and my attention at the same time, and not enough hours in the day for half of them, to say nothing of opportunity for needed rest and recreation.

A single article opened my eyes to the possibilities of a definite plan for the housewife's working day. At once I adapted the suggested schedule to my particular needs and began to follow it. It has transformed my life.

Formerly, on some days I would drudge from morning till night, not even taking time to put off breakfast, washing dishes, cleaning the kitchen, setting other rooms to rights, bed-making, saving day's special dress, lunch, wash, and other housekeeping duties. In the afternoon, several hours for recreation, or congenital employment, dinner, and an outing or a restful evening at home, or a social gathering, or a party.

Now, in a tramp? Suddenly the house was full of laughter and sunshine and the smell of delicious things. Norman Taylor came and went, smoking a crooked oil pipe, teasing them both indiscriminately, and praising Aunt Martha's cooking.

"Never eat anything but your best," said Alice. "I have a good appetite, but I eat nothing but the best."

"Alice, we forgot the apples!"

although she was quite willing to stay with us, she did not want to stay with Alice. "Alice, we forgot the apples!"

Don't let me have any more to say.

She had both started as some one tramped across the kitchen floor and Alice had run to see a young man drop a knapsack on the hearth and take Aunt Martha into his arms.

"Come back in an hour, Norman, and have dinner here with me," she said smilingly.

She waited until the door had closed on him to realize that joy had come back to her, that her dream was still here and that greater than any dream was reality.

Changing Scene by Changing Lights.

If you place a red ball on the grass and sit at it through a piece of red glass, the ball will appear red, but the grass will look black. Use a green glass, and exactly the opposite happens. This is the principle of the "spectrum analysis" method of scene-changing which has been tried successfully at several theaters. The setting of the stage represents, perhaps, the interior of a room. A switch is touched, a different colored light falls on the scene, and instead of a room you see a garden full of trees and flowers. Both views are painted on the scenery, but they are done in contrasting colors. Red lights are thrown out, causing the red colors to stand out, whilst the red colors of the garden scene look merely like black dots. When the switch is touched the light changes to green, which brings out the greens and renders the reds almost invisible.

Curious Mediterranean Fish.

A creature which has a beak like a parrot, cheek pouches like those of a monkey, and cheeks fat and like a cow inhabits the warm waters of the Mediterranean. It browses on the shells that flourish on the sea floor.

Its upper and lower jaws have become hardened into a sharp curved beak, which is just the tool required for lopping off tough seaweed. Each piece snipped off by the beak is passed into the mouth, and the cheek pouches which adorn the cheeks and chin remain until the parrot fish feels that it has collected enough for a good meal. It then chews the end by means of the splendid set of teeth, which nature has placed not in its mouth, but in its throat.

A Runaway Perambulator.

A mother who had just given birth to a baby boy at Duluth, Minn., last Friday, had started out as some one tramped across the kitchen floor and Alice had run to see a young man drop a knapsack on the hearth and take Aunt Martha into his arms.

"Come tramping through the Berkshires," he had explained, "and if you can't take in a tramp for a few days—"

It was in a tramp? Suddenly the house was full of laughter and sunshine and the smell of delicious things.

Norman Taylor came and went, smoking a crooked oil pipe, teasing them both indiscriminately, and praising Aunt Martha's cooking.

"Never eat anything but your best," said Alice. "I have a good appetite, but I eat nothing but the best."

Alice would laugh and flush when she had made the cake.

In the evening he would shoo Aunt Martha out of the kitchen and, making a great show of tying an apron around his waist, he and Alice would wash dishes. How long it took! He would too, while he was polishing the floor, and Alice would be polishing the parlor, running about, sweeping, mopping, and doing all the other work, saving nothing. One is the children's schedule, by which the routine of their day is fitted into my plans. Another is the making of menus for a week, and a third is the organization of the house to my own convenience, so that the various tasks necessary for the upkeep of the home are allotted to the members of the family in such a way that no one is burdened at once, but do each day's allowance—cleaning the kitchen, polishing the silver, or mending clothes, and so on.

Now, when I have a tramp for a few days, I have a definite time for getting breakfast, washing dishes, cleaning the kitchen, setting other rooms to rights, bed-making, saving day's special dress, lunch, wash, and other housekeeping duties.

It is a tramp, but it is a tramp for a week, and not for a day.

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